

Cystic Fibrosis Rated Major Childs' Disease

K. H. SUTHERLAND, M.D., County Health Officer

Cystic fibrosis is one of the most common and one of the most serious of childhood's chronic diseases. In the report of a survey made by the U.S. Children's Bureau in 1959, it was stated that cystic fibrosis posed a serious public health problem and that is far out weighed, as a cause of death in children, such well-known diseases as rheumatic fever, diabetes, and poliomyelitis.

It was not until 1938 that cystic fibrosis was recognized as a separate disease. Prior to this time, the illness was confused with certain conditions that included pneumonia

and other respiratory disorders, nutritional illnesses with symptoms similar to some of those characteristic of cystic fibrosis, or, when certain intestinal symptoms predominated, with celiac disease.

Cystic fibrosis is not contagious, but it is hereditary. One genetic study indicates that about one in every 20 persons is a carrier of the CF-producing gene. When both parents carry this recessive gene, the disease appears to be genetically transmitted as a recessive trait. There is no way of telling at present whether a person is or is not a carrier of this particular gene.

It is not a rare disease. Es-

timates of the number of babies born with cystic fibrosis in this country each year are between 3,000 and 4,000. The majority of these children develop symptoms of the disease during their first year, but there are instances in which the symptoms do not become apparent until later in life.

Cystic fibrosis is a disease that causes a disturbance of many, or perhaps all, of the exocrine glands of the body. Basically, these are mucous glands that secrete the thin, clear fluid which is essential to the proper functioning of many organs within the body.

Some non-mucous exocrine glands are also affected and these include the sebaceous or sweat glands and the pancreas, which secretes the pancreatic juices so vital in the digestion of food.

In the course of the disease, changes in the nature of these glandular secretions take place, and the thin, protective substance becomes thick and tenacious and blocks the main passages of the lungs, pancreas, liver, and the small in-

testine. This interferes with the normal functions of these organs and, unless checked, causes subsequent deterioration of the organs involved.

OWING TO THE varying degrees of severity of the disease, there is a great variation in the symptoms. In general, however, there are two main groups of symptoms, one relates to the bowels and the other to the lungs. Sometimes only the lungs are involved, at others the bowels, or it may be both in which case the disease is usually more severe.

When the lungs are affected, the cystic fibrosis child generally coughs repeatedly, and these spells are sometimes so severe and continuous that they interfere with a child's sleep and nourishment. The child may also have frequent lung infections.

In cases where the mucous clogs up the ducts or passages of the pancreas, the digestive juices which normally flow out of the pancreas into the small intestine are obstructed, and about half of the food intake is eliminated undigested. This accounts for the frequent and large bowel movements and the voracious appetite, accompanied by a weight loss, that is characteristic of the disease. Excessive sweating may be another symptom.

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HOWEVER, only one of the symptoms may be present in a given patient, and cases with incomplete clinical pictures are now being recognized with increasing frequency.

While there is as yet no cure for the disease, early diagnosis and prompt, intensive treatment will often suppress progress of the disease and lessen its severity. Until a few years ago the mortality in infancy and early childhood from this disease was exceedingly high, but, with proper treatment, the life span is now markedly increased.

The disease is an expensive one to treat, and parents often need financial aid and service through the crippled children's program, and local chapters of the National Cystic Fibrosis Research Foundation also provide certain services for these children, disseminate information on the disease, and raise funds for needed research.

A pamphlet on cystic fibrosis may be obtained from the Los Angeles Chapter of the Foundation which is located at 455 N. Rodeo Drive, Beverly Hills.

Councilman Urges Defeat Of Proposition

Councilman Ross Sciarrotta has joined forces to defeat Proposition D which would increase the County Board of Supervisors from its present five to seven members.

Sciarrotta has joined with four other area officials in the "No on D Committee." City officials from surrounding cities who have joined the campaign are agreed that expansion of the Board of Supervisors is costly and unnecessary, according to general chairman A. Andrew Hauk.

Officials who have joined the movement include Mayor Wilburn Baker of El Segundo, Mayor Frank Sasine of Hermosa Beach and Councilman Robert G. Beverly of Manhattan Beach.

Previously accepting "No on D Committee" assignments were Don Wilson, developer and builder, of Rolling Hills, and David K. Hayward, councilman, Redondo Beach.

Box Supper To Be Oct. 27

Big boys and girls dressing like little boys and girls is the theme of the "Baby Doll" costume party and box supper planned by the Tri-City Chapter of Cedars-Sinai Hospitals for Saturday evening, Oct. 27, at Higgins Brickyard Clubhouse in Torrance, according to Mrs. Bernard S. Cohen, president.

Coordinating arrangements for the fund-raising affair are Mrs. Larry Springer, chairman, and Mmes. Sam Tuchten, Stan Miel, Marvin Zidel and Jerry Portnoy, committee members.

Festive plans include games, dancing, door prizes, box suppers to be auctioned, and prizes for best costume. Those interested in attending should call FA 1-1460 or PL 5-4148.

The Tri-City Chapter is composed of women residing in the Inglewood-Hawthorne-Gardena area who help support the patient care programs of Cedars of Lebanon-Mount Sinai Hospitals.

CROSSWORD PUZZLE

ACROSS

- 1-To enter
- 2-Twine
- 3-Urge on
- 4-Base track
- 5-Ranting
- 6-Garment
- 7-Cubic meter
- 8-Consumption
- 9-Consumed
- 10-Fathers
- 11-Prom
- 12-Brother of Odin
- 13-Man's name
- 14-Beverage
- 15-Built
- 16-Waste silk fibers
- 17-Propagated
- 18-Muse of history
- 19-Pinnacled fruit (pl.)
- 20-Wider
- 21-Pasture
- 22-Liberates
- 23-Chinese mile
- 24-Beam
- 25-Slice
- 26-Indefinite article
- 27-Tropics
- 28-Indians
- 29-Jail
- 30-Long for
- 31-Turn outward
- 32-Cut of meat
- 33-Mende

DOWN

- 1-Kicker
- 2-Country bumpkin (colloq.)
- 3-Land measure
- 4-Part of "to be"
- 5-Wanted
- 6-A color
- 7-Potter
- 8-Hall!
- 9-Roman gods
- 10-Breathes loudly
- 11-To beg for
- 12-Twelve
- 13-Walked on
- 14-Satiation
- 15-Fundation
- 16-Land measure (pl.)
- 17-Assumed name
- 18-Hard wood
- 19-Drifting ice (pl.)
- 20-Wrinkled
- 21-Atomizer
- 22-Climbing plants
- 23-Kind of cheese
- 24-Choose
- 25-Ceremonies
- 26-To gambol
- 27-Wild buffalo
- 28-Tale
- 29-Before
- 30-Through
- 31-Near
- 32-A state (abbr.)

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